

## What should my blood glucose numbers be?

Your blood glucose numbers should meet the targets in this chart unless your doctor helps you set different targets. Targets are numbers you aim for. The chart shows the target blood glucose numbers—measured in milligrams per deciliter (mg/dL)—for most people with diabetes.

Target Blood Glucose Numbers (mg/dL) for Most People with Diabetes	
Time of Day	Targets
Before meals and when you wake up	70 to 130
1 to 2 hours after eating	180 or below

This chart shows target blood glucose numbers for women with diabetes who become pregnant.

Target Blood Glucose Numbers (mg/dL) for Women with Diabetes Who Become Pregnant	
Time of Day	Targets
Before meals and when you wake up	60 to 99
1 to 2 hours after eating	129 or below

This chart shows target blood glucose numbers for women who develop diabetes during pregnancy, called **gestational** diabetes.

Target Blood Glucose Numbers (mg/dL) for Women with Gestational Diabetes	
Time of Day	Targets
Before meals and when you wake up	95 or below
1 hour after eating	140 or below
2 hours after eating	120 or below

